

# SOUVENIRS

*Souvenirs* is a collection of travel and multicultural experiences from undergraduates at the University of Wisconsin-Madison. Created and run entirely by students, *Souvenirs* publishes a biannual print magazine and maintains a website year-round. Students abroad contribute to online blog posts, while staff members write regular pieces about stories or advice from their times abroad. *Souvenirs* strives to provide a platform for students to share their experience, lessons and memories from their travels and inspire wanderlust in readers.



## FALL 2018 MEDIA KIT

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# A PEEK INSIDE

## Spring 2018 issue

View complete issues online at [www.souvenirsmadison.com/in-print](http://www.souvenirsmadison.com/in-print)

### FULFILLMENT

PAIGE STRIGEL

Like so many other things in my life, it began with a book. Harry Potter went to London, so I wanted to go to London. And then London wasn't enough, I wanted to see the rest of Europe. I wanted to see it with nothing more than my ambition and a backpack on my shoulders. I've had this dream since I was 8 years old. Somewhere, there's a memory book from the year I finished eighth grade and in response to the question, "Ten years from now, what will you be doing?" I said, "Backpacking across Europe."

It's one of those things you put off—something that lives in the back of your mind in your long-term to-do list, but you never get closer to the actually doing it. Last summer, it dawned on me one instant that I was a 19-year-old with a steady income and a very few responsibilities. Then, I was texting my mom for her blessing. She gave it, probably thinking that this was another "sugarly in the future" plan. But it wasn't. It was me, sick of waiting to do and be all the things that 8-year-old me forever hoped would happen.

Now, half a year later, I'm on the

brink of leaving for my baby solo trip, a week-long boat-hopping jaunt around Scotland. It will be the first week of hopefully many spent this way. As soon as I finish class for the week, I'll board a bus to Chicago then fly to Edinburgh—alone. Independent. Free.

It's not just the mountains, ancient castles and misty skies of Scotland. It's all that, yes, but it's so much more. It's the freedom of knowing that I'll wake up each morning surrounded by strangers that could become friends, that I'll wander unknown city streets holding all that I need on my back and that the anonymity of my solo journey will bring the elusive freedom of identity.

I grew up with my nose in a book, I struggled to pull myself away, to live my own life. I lived vicariously through characters who were brave, adventurous and daring. Finally, at age 20, I'm walking off the page to become one of those characters.

I hope I've become someone that 8-year-old me would look up to - I like to think I have.



KATIE HACCIGART, GERMANY

### DEAR ECUADOR

JULIA CHINI

Dear Ecuador,

For six weeks, you provided me with new experiences and memories that I will never forget. You showed me your beautiful mountains, charming cities and magical rainforests. You made me feel at home with the warmth of your land and people.

When I arrived, I was nervous about my new home, but as soon as I was greeted with hugs and warm tea, I knew there was nothing to worry about. From that very first moment, I was surrounded by the warmth that is so ingrained in your people. They were patient as I struggled to find the words for what I wanted to say. They shared their culture and cuisine with me every day. They were inquisitive and talkative. Whether it was in the home, the clinic, a hostel, a restaurant or on one of many long bus rides, I was always surrounded by kindness of your people, who never made me feel like an outsider.

I was surrounded by the warmth that is so ingrained in your people.

Of course, there were issues, as I'm sure you know. You have poverty and violence and lots of men that don't respect young female travelers like myself. There were days I worried about the small children I visited in some of your poorest neighborhoods, those children that didn't receive enough to eat, let alone the right medical treatment and vaccines. I saw the trash people left in heaps in the middle of the streets, the stray dogs and poorly built houses. I saw how your people worried about earthquakes, hurricanes and volcanic eruptions as destruction hit from hurricane Irma and the earthquakes in Mexico and Chile.



KATIE LORENZ, PERU

However, it is hard to focus on these issues when I also saw how much love your people had for their lands, cultures and neighbors. They dress in breathtaking cultural clothing, dance traditional dances in the streets and welcome indigenous culture into the cities. These cultures are diverse and unique to each of your landscapes, and individuals are so proud to announce where they are from. They protect your land through parks and reserves, skating it with tourists from around the world. From the turquoise water of Quilotoa to the snow on top of Cotacopata to the vast Amazon rainforest, this beauty is valued and shared with a message of conservation.

Thank you for every moment, Ecuador, from the crazy new experiences like bridge jumping in Baños and hiking in the Amazon, to little things like drinking homemade tequila in the jungle and staying up late dancing with the kind indigenous people of San Vito. Every memory will stay with me forever.

I promise I'll be back soon.

With much love,

Julia

### GETTING OVER THE FEAR

ABBIGAIL FRIDAY

Struggling about a semester, but traveling to a new country about can cause a lot of anxiety. When I left to study abroad in London, it was the first time I had ever traveled outside the continental U.S., and I was completely terrified when I learned at Heathrow International Airport on a dreary January day. I had to find my flat on my own, move in with 10 strangers, then somehow make this new place my home all while in an environment totally foreign to me. Looking back at this experience, I realized I took good action to calm my anxieties upon moving in London. Let these tips help you make your arrival in your new home a little less scary.

#### 1. Call your parents when you arrive

The people who gave you your life want to know you're alive after a long-haul flight. Connecting with your family quickly before heading to school or finding other transportation from the airport will give you a comforter amid initial shock. My mom gave me a loving pep talk that calmed my fears of getting lost and left me feeling much more confident finding my flat.

### OF STUDYING ABROAD

#### 2. Talk to your roommates immediately

Whether you like it or not, you will (eventually) live with others. Introduce yourself when you move in and start getting to know them. Creating new connections will give you a rush of excitement for making friends and will distract you from that fear.

#### 3. Unpack and set up your new home

Setting into a new place can really set the tone for the first few weeks of being in a new country. You want to come home to a place that feels comfortable and familiar since you will be

experiencing so many differences as you get used to the new city. Unpack and display the things that you remind you of home, then sleep for discomfort that day.

#### 4. Explore your neighborhood

Remember those new roommates you just talked to? Ask if they want to go for a walk to get familiar with your new neighborhood. You'll have someone to share the special experience of exploring your city for the first time, plus it will be good to have others with you in case you get lost.

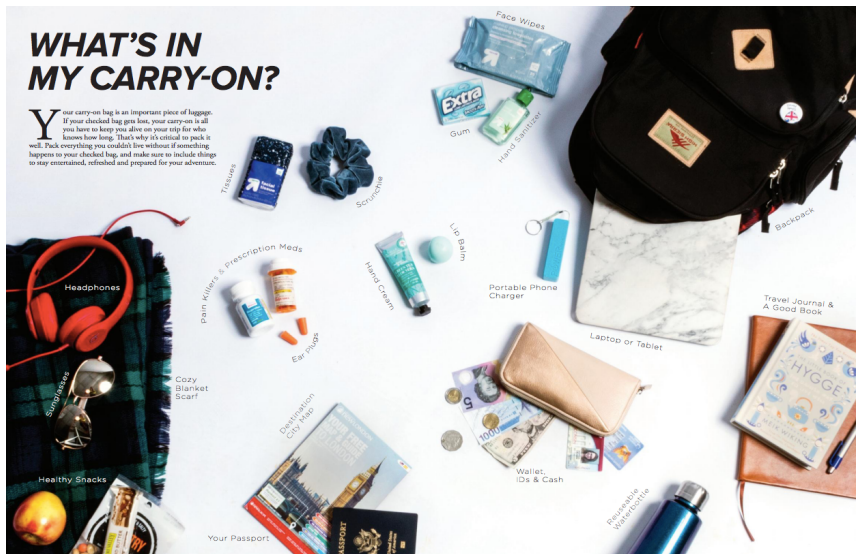
5. Eat food  
The long flight and unpacking in addition to the nervousness can drive a person to want to eat anything in their path. While on your walk with your roommates, stop at a restaurant. My roommates and I shared pizza and a bottle of wine. We talked about our hopes for this trip and our interests, which really helped us bond (food always brings people together). After our meal, I felt much more relaxed and excited for my time in London.



MARSSA MARSELLI, BOSNIA AND HERZEGOVINA

### WHAT'S IN MY CARRY-ON?

Your carry-on bag is an important piece of luggage. If your checked bag goes lost, your carry-on is all you have to keep you alive on your first solo journey. Pack everything you couldn't live without if something happens to your checked bag, and make sure to include things to stay organized, entertained and prepared for your adventures.



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With much love,

Julia

### WHAT YOU GAIN ALONG THE WAY

MEGAN JANSSEN

I spent the latter part of my high school years preparing for the exciting moment when I would finally be able to disassociate myself from my hometown. Moving to Madison, Wisconsin, to spend the next four years continuing my education provided me with an amazing first experience. I had known since elementary school, from the beach I had driven me to my parents, from the mall I had hung out at since the age of 10, that I was going to leave home. I thought rightfully for a long time that I was better than my hometown, that I deserved to be in a more glamorous place. I thought I deserved to meet cooler, more worldly people from diverse backgrounds who spoke multiple languages and had great experiences. Graduation came and I finally left my hometown behind the summer, first for three weeks in Europe and then to move into my freshman dorm room. Some time later now and I have visited even more countries, all before I have studied abroad through the summer. And if there is one feeling more salient than the rest, it is the humility these experiences have instilled in me. You can't do for off place and you don't even really fear a challenge, but if you do not come away more self-aware of where you come from and how that has shaped you, then you must reflect deeply.

My values, my beliefs, my thoughts, feelings, friends, family, education, dreams, hopes, fears, these are all a product of the formative years in my hometown. It's not like a light switch, where you can flip a switch to become a new person in a new country, where it's now possible to become the person you've always dreamed of being just of itself, but of new beginnings like your first day in college. These moments will not your character to its core, which is what I believe, but as a reminder that it is up to the individual to decide how that will play out. I am certain I could not value my hometown, family and self the way I do today had I not gone away from the family I had once loved when I did, when I did. And for that, I would be greatly indebted, as I could very truly still be that same person, thinking of home as better than a place and a people to whom I could owe everything.

I cannot stress how impactful travel is in our lives. With each mile that you put between yourself and where you grew up, you will gain the humility and gratitude in your spirit that will change your life for the better.



I am certain I would not value the things I do today had I not gone away from the familiar

JULIA CHINI, ECUADOR

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*Souvenirs'* circulation provides access to approximately 42,000 students at the University of Wisconsin-Madison. In addition to the student population, UW faculty and staff, Wisconsin Union members and the Madison community have access to the print publication, while the online publication and website is public to all internet users.

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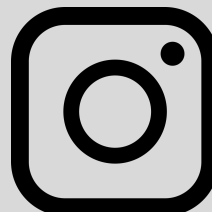
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